

00:26:33 Jaime Peele: You can ask questions here :-)

00:29:23 Sheila Kane: Things worth doing are worth working at

00:29:25 Yaridis Garcia : Only thru challenges, one can get the strength needed

00:29:49 Yaridis Garcia : I am the sun

00:29:51 Valerie Brimm: Identifying with individuals who have experience similar trials.

00:29:51 Renee George: Yes

00:29:52 K Hansen: Sure do

00:32:17 Jaime Peele: Open the participants window - at the bottom right.. click on the 3 dots "more" to add a hand clap or thumbs up or down

00:34:31 M Davenport: Trying to take care of everyone elseâ€™s needs on top of my own

00:34:32 Yaridis Garcia : too much misinformation

00:34:35 Debbie Buschman: no normal schedule

00:34:38 K Hansen: Balancing of time

00:34:42 Norma Sanchez: not being able to pay my bills

00:34:52 Sheila Kane: With all the extra time I feel like I should be accomplishing big things at home but all I want to do is watch HULU

00:34:59 Renee George: child with disability

00:35:00 Danielle Kormann:difficult to plan for the future

00:35:20 M Davenport: General air of people being disgruntled or angry or stressed

00:35:24 Amy Brown: now itâ€™s dark at 6:30 ðŸ™¸

00:36:52 Jaime Peele: Open the participants window - at the bottom right.. click on the 3 dots "more" to add a hand clap or thumbs up or down

00:37:25 Summer Gray: oh yes

00:37:31 Kate Pierson: YES

00:37:31 Norma Sanchez: YES!! it can be overwhelming

00:37:32 Debbie Buschman: yes

00:37:37 Melanie Hevron: absolutely!

00:37:39 Yaridis Garcia : Handling children and work

00:37:48 Summer Gray: it is almost easier to burn out at home then work

00:37:49 Mandy Smolka: absolutely!

00:37:53 M Davenport: YES. Especially when you are being asked to do so much more when you feel like you have less to give

00:37:54 Melanie Hevron: especially working at home

00:37:54 Summer Gray: Neverending to do lists

00:38:13 Sheila Kane: Never ending to do lists- YES

00:38:59 Victoria Shively:beyond

00:39:03 Mandy Smolka: at times

00:39:04 Summer Gray: extremely

00:39:05 Sarah Rouhana: yep

00:40:45 K Hansen: The meetings seem back to back

00:41:25 Melanie Hevron: we have people at work who feel compelled to work longer hours because you feel like you are always â€œonâ€¸

00:41:41 Victoria Shively:definitely stressing our marriage

00:41:58 M Davenport: Iâ€™m surprised at how it feels like we donâ€™t do as much together or spend as much time together, even though we are always home together. We are so busy now.

00:43:15 Tassie Lankford: Yes, I want to look forward to fun things...but there is never enough time and then you always feel guilty

00:43:36 K Hansen: A vacation outside the house would be great!

00:43:48 Amy Brown: yes - not seeing my parents

00:43:54 Elizabeth Bushby: very hard to have that home work, life balance- definitely a lot of overwhelm there overall

00:44:03 Summer Gray: nothing on the calendar...time just all runs together. no breaks.

00:44:39 Tassie Lankford: As a full time working first responder with twins I am emotionally and physically spent

00:44:40 Jaime Peele: M Davenport - I get that. Its the something to look forward too.. or planning. Having intentions to do something different than netflix and dinner could help! You could make your normal Netflix watching a "movie night" make popcorn and sit on the ground with pillows and blankets. At Home date-nights!

00:45:19 Kate Pierson: 100% not enough hours in the day

00:45:19 Yaridis Garcia : I am doing that, taking over the world

00:45:26 Summer Gray: yep, I work from 8 - midnight just to get it all done

00:45:26 Jaime Peele: It's easy to do when your desk is in your living room! lol

00:46:12 Elizabeth Bushby: I am a nurse and we are so busy at work, I feel like work takes over so much of my time- but without work, I cant provide for my child so I know I have to put a lot of time into that. I walk in the door after 10-11 hours then dinner, homework, bath, reading- and on the weekends just too tired

00:46:27 Melanie Hevron: I feel like we are called to be as productive despite us all being affected by intense shut downs and distancing

00:47:05 Yaridis Garcia : I am there

00:47:09 Summer Gray: I miss that feeling of accomplishment when everything gets done according to plan

00:47:11 Summer Gray: plan

00:47:12 Jaime Peele: yes!

00:47:25 Sheila Kane: it's so hard to lower my standards

00:48:01 Summer Gray: enjoy the time with your family, you won't get it back...compared to there's no time for quality time because too much work

00:48:04 Melanie Hevron: take time, but continue to get your hours in

00:48:10 Yaridis Garcia : Take care of yourself, but you have thousands of dateline

00:48:21 Danielle Kormann: We are fortunate to be safer at home, so we should be grateful despite the hardships

00:48:22 Kate Pierson: Moms can do it all vs Moms need to take care of themselves

00:48:23 K Hansen: It's okay to stay at home for your safety but you need to report to the office.

00:48:36 Tassie Lankford: Agreed, I miss the feeling of accomplishment. There is so much uncertainty that NOTHING is getting completely accomplished

00:48:47 Norma Sanchez: its almost like you are expected to be more productive because youre home now

00:49:18 Tassie Lankford: family first is a huge mixed message

00:49:39 Tassie Lankford: employers may say it, but that is not the expectation

00:50:21 Melanie Hevron: you know, I wonder how much we have put on ourselves. why do we feel like we cant push back?

00:50:38 Melanie Hevron: or ask for help.

01:00:30 Sheila Kane: I downloaded it today!

01:01:32 Debbie Buschman: going to the beach at least 2 times a month

01:02:49 Jaime Peele: For lunch today - I went to a local park near me and ate outside. It was good to get some fresh air.

01:03:22 Sheila Kane: That's a great idea Jaime

01:03:51 Mandy Smolka: One thing that helped me get through some anxiety was to stop thinking about all the things I couldnâ€™t do and started being extra thankful for the things I was able to do.

01:04:02 Yaridis Garcia : I get dress and I have my heels on

01:04:27 Jaime Peele: amen Mandy!

01:05:08 Jaime Peele: I got into plants and now have a garden...I like to check on my plants daily

01:05:17 Simone Critton: I burn candles and read a book or relaxing music

01:05:38 Amy Brown: I got rid of cable TV! less bad news

01:05:40 Sheila Kane: I adopted 2 kittens!

01:05:42 M Davenport: Salt lamps, burning candles, quiet music

01:07:57 Amy Brown: podcasts - learning new things

01:08:35 M Davenport: We set up a bookcase full of board games next to the dining room table to make it easier to have family game time like when do when we stay in cabins on vacations

01:11:15 Sheila Kane: The Cincinnati Zoom Facebook page sends the most amazing videos daily!! Fiona the hippo youngster is so funny

01:11:27 Sheila Kane: \*Cincinnati Zoo

01:12:19 Jaime Peele: Don't let the light burn out!!!

01:13:16 M Davenport: Nowhere vs now here

01:13:22 Mandy Smolka: opportunity

01:13:27 Norma Sanchez: opportunity is now here

01:14:13 Amy Brown: it took me a while ðŸ˜~,

01:14:56 Renee George: I cant remember where I put my glass....lol

01:16:36 Summer Gray: this was great. especially with the holidays coming up, a time when it is ALWAYS hard to keep up (Christmas cards, baking, shopping, gifts, events, decorating)...add work from home, kids at home distance learning, etc. I worry the holidays won't be as magical and I will fail my kiddos.

01:16:45 Summer Gray: some of these tools will help for sure

01:18:08 Amy Brown: hooray for canned cranberry sauce! I can handle that

01:19:07 Sheila Kane: I need to remind myself to ask for help- from my husband, my kids, etc. It might not be the way I would do things but they want to help

01:19:15 Yaridis Garcia : We should be proud because thru this we have been very resilient and keep going

01:20:00 Simone Critton: ask for help when I need a break or I fill overwhelmed

01:20:06 Jaime Peele: I have seen so much creativity throughout this

01:20:32 Tassie Lankford: going around the table recounting everything we are thankful for will look a little different this year. I am more

thankful for the mundane things. Air in our lungs, food in our bellies, a roof over our heads

01:20:36 Jaime Peele: Say YES to those who OFFER to help! sometimes people say no, or think they are a burden. If someone is offering to help.. let them!

01:22:42 Jaime Peele: We did that today at our staff meeting, talked about what we are grateful for... a good thing to incorporate in your workplace as well.

01:22:42 Tassie Lankford: YES , us moms stink at asking for help..

01:23:25 Jaime Peele: At what point do you start asking for help

01:23:49 Kate Pierson: is your husband single??? LOL

01:24:08 Yaridis Garcia : Asking for help is not a sign of weakness

01:25:34 Debbie Buschman: thankful for the great tips ðŸ'ðŸ'½

01:25:50 Yaridis Garcia : Great presentation!!

01:26:09 Jaime Peele: awesome job!

01:26:17 Simone Critton: everything was helpful and great information thanks again

01:26:24 Sarah Rouhana: Thank you so much! And thank you everyone for sharing I feel more normal :)

01:26:27 M Davenport: Thank you for sharing this information (and your time) with us! :)

01:26:43 April Lott: [alott@directionsforliving.org](mailto:alott@directionsforliving.org)

01:27:02 Mandy Smolka: Thank you! Ladies, always believe that you are enough!

01:27:02 Jaime Peele: You all are awesome moms, being here for this says so much! Keep on keeping on moms!

01:27:17 Amy Brown: Thank you âŸ',âŸ'»

01:27:37 K Hansen: Thank